



- Identification of the manufacturer and equipment
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ELEMENT

ESSENTIAL STRENGTH

Multipower



User Guide



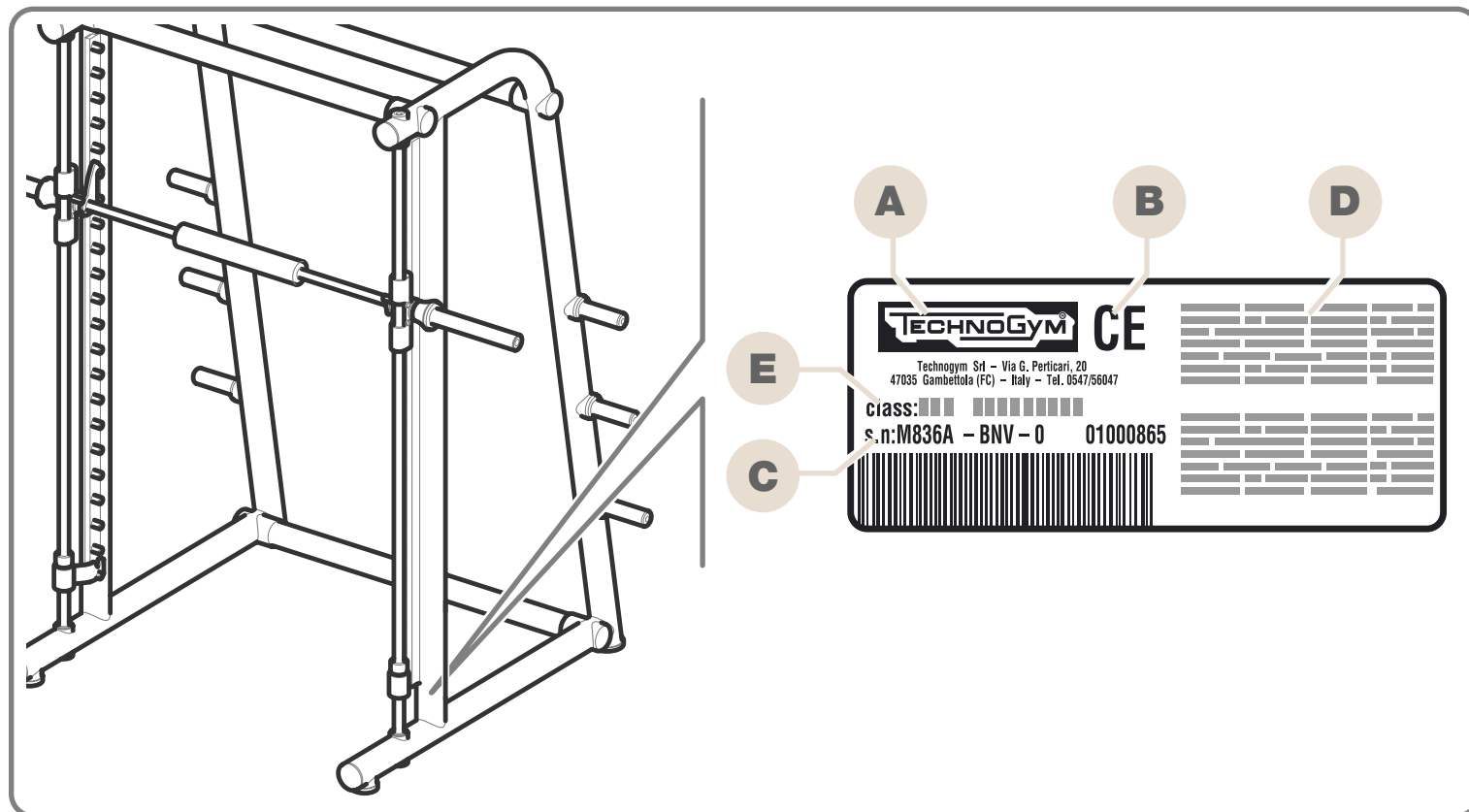
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Identification of the manufacturer and equipment

The identification plate of the equipment and manufacturer, affixed to the frame behind the barbell rack, gives the following details:

- A** Name and address of the manufacturer
- B** CE Mark
- C** Serial number
- D** Cautions
- E** Equipment classification



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✓ **Barbell**

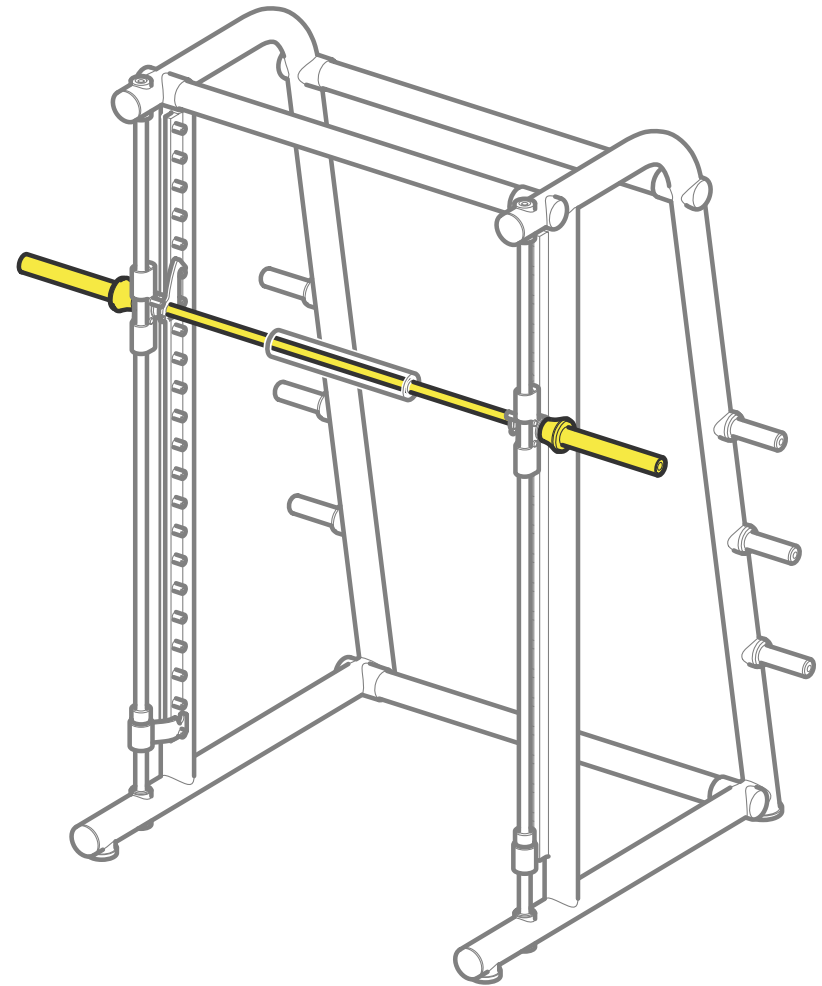
[Guide rods](#)

[Barbell supports](#)

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Barbell: moves up-and-down on the [guide rods](#) and provides the exercise workload. The weight plates can be positioned on its ends to increase the workload.



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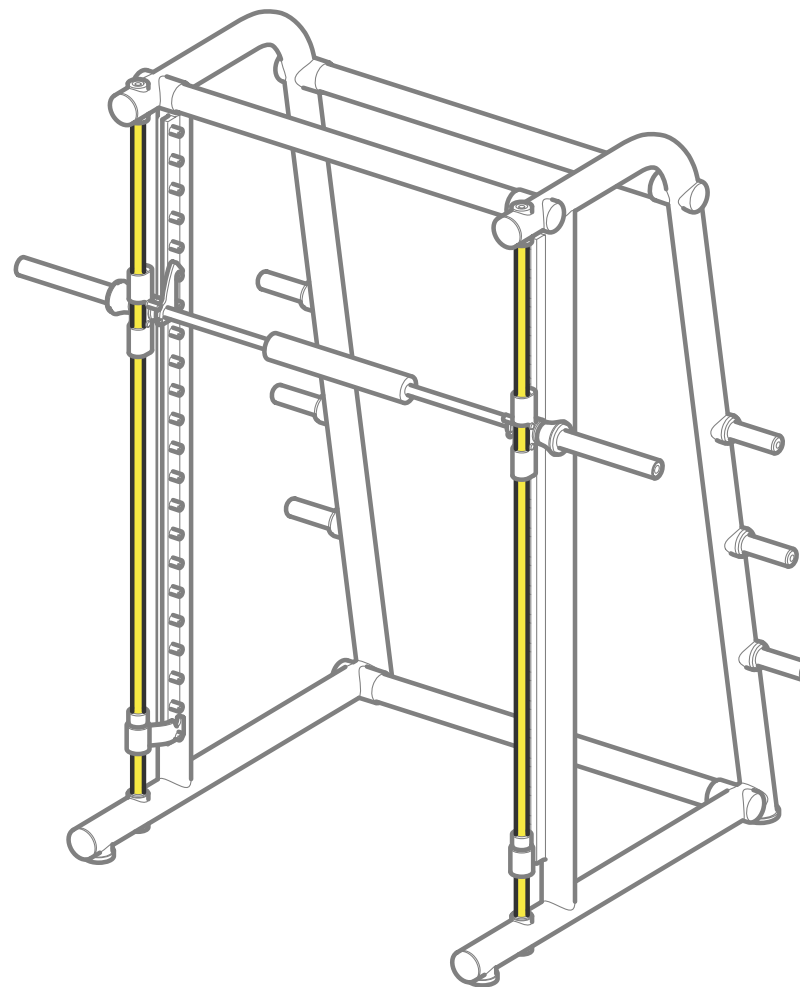
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[Barbell](#): moves up-and-down on the **guide rods** and provides the exercise workload. The weight plates can be positioned on its ends to increase the workload.

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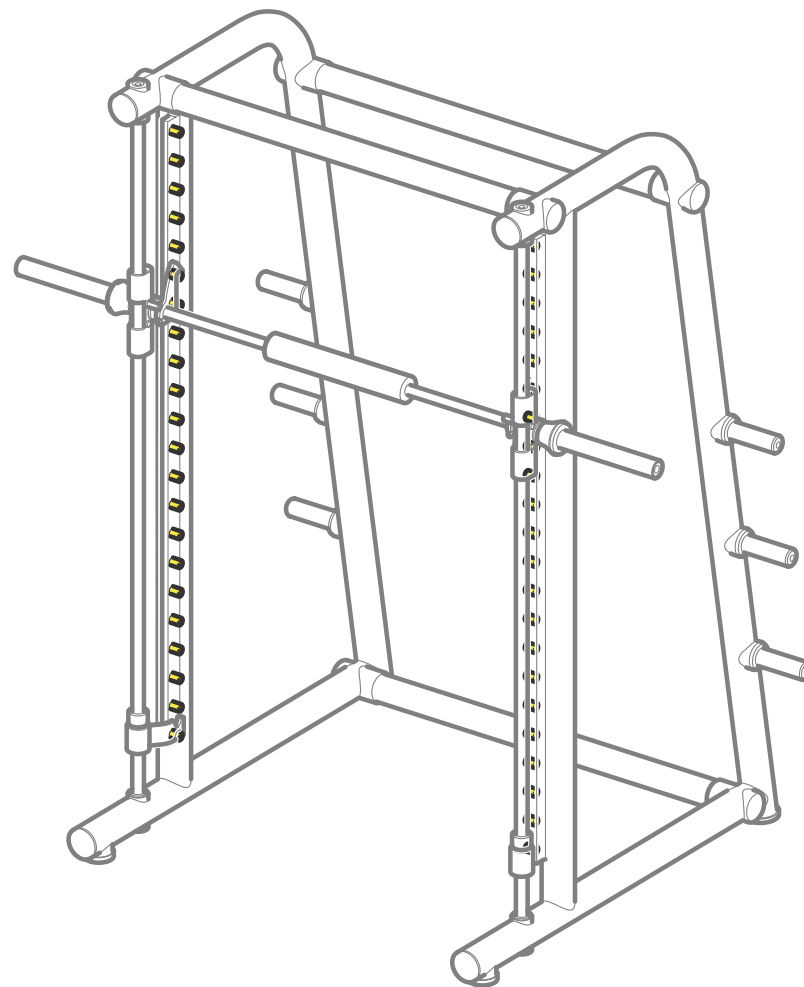
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Barbell supports: pin used to set the starting position of the barbell.



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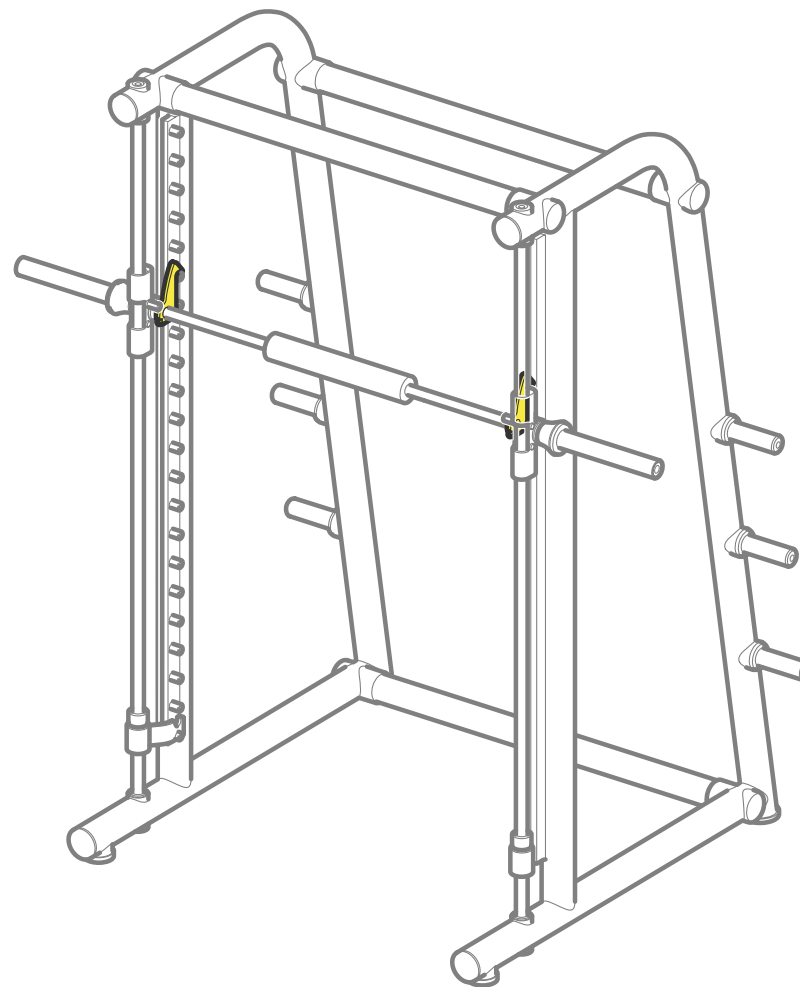
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Stop hooks: are operated by the user with a twist of the wrist, to lock and release the barbell on the supports.



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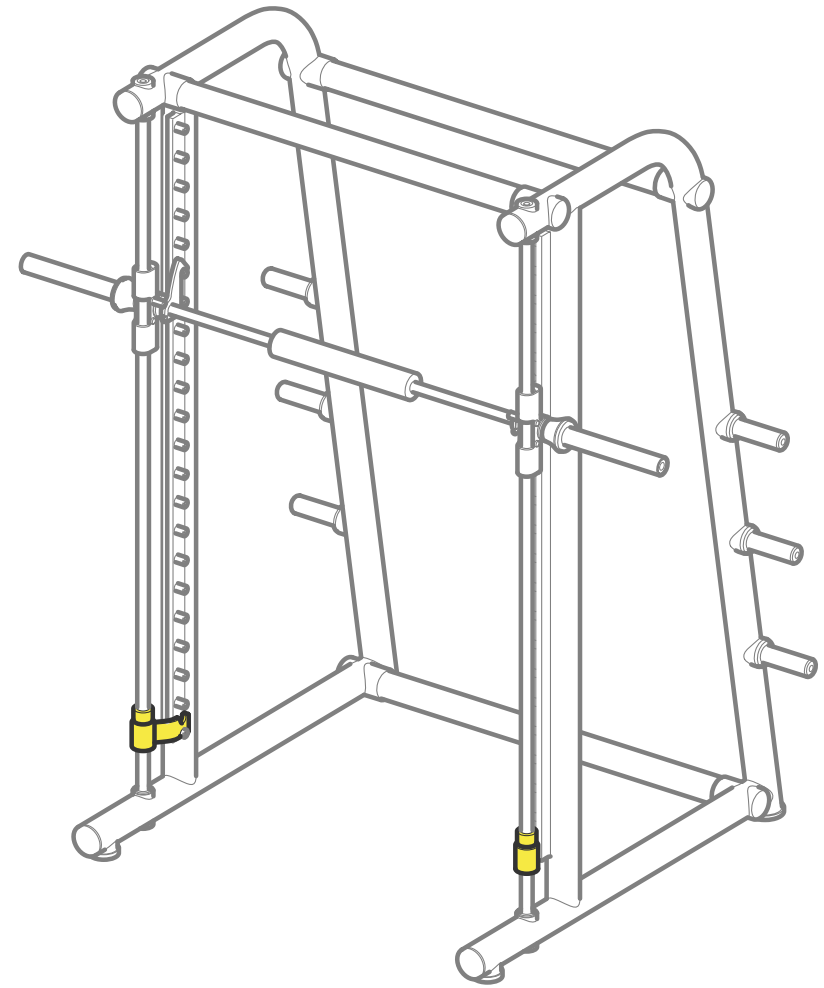
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Safety stops: are positioned on the barbell support pins to set the lowest travel limit of the barbell.



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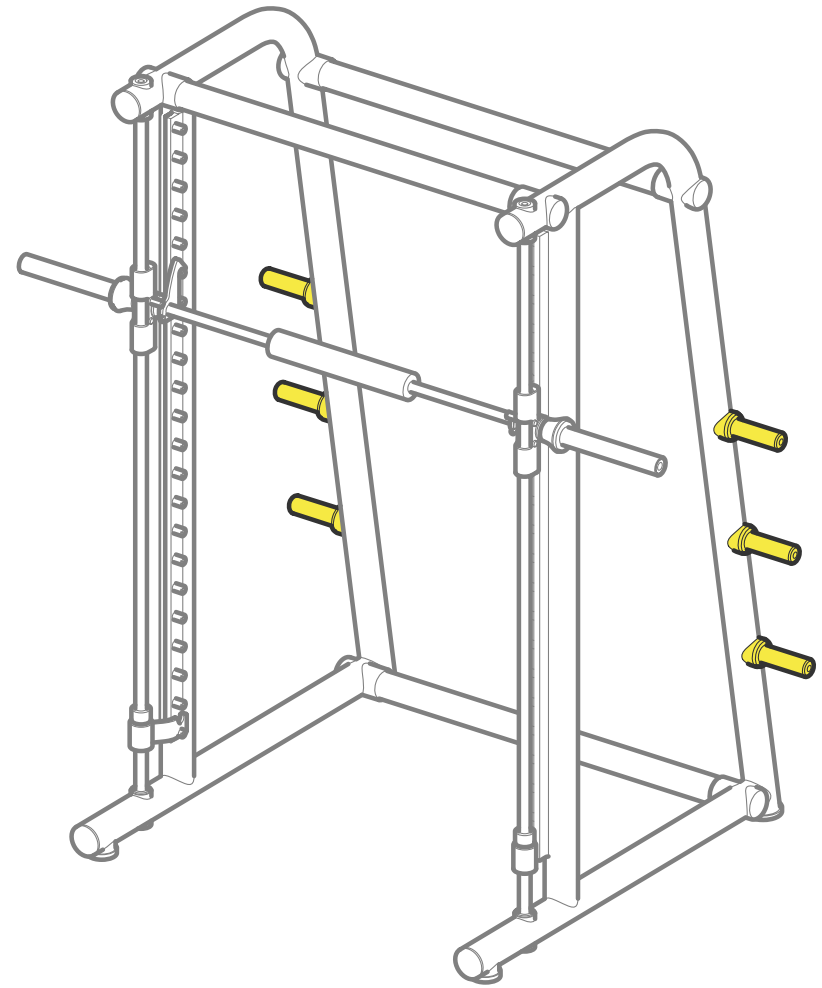
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✓ **Weight plate storage posts**



Weight plate storage posts: are used for holding the weight plates (not included) that are not needed for the exercise.



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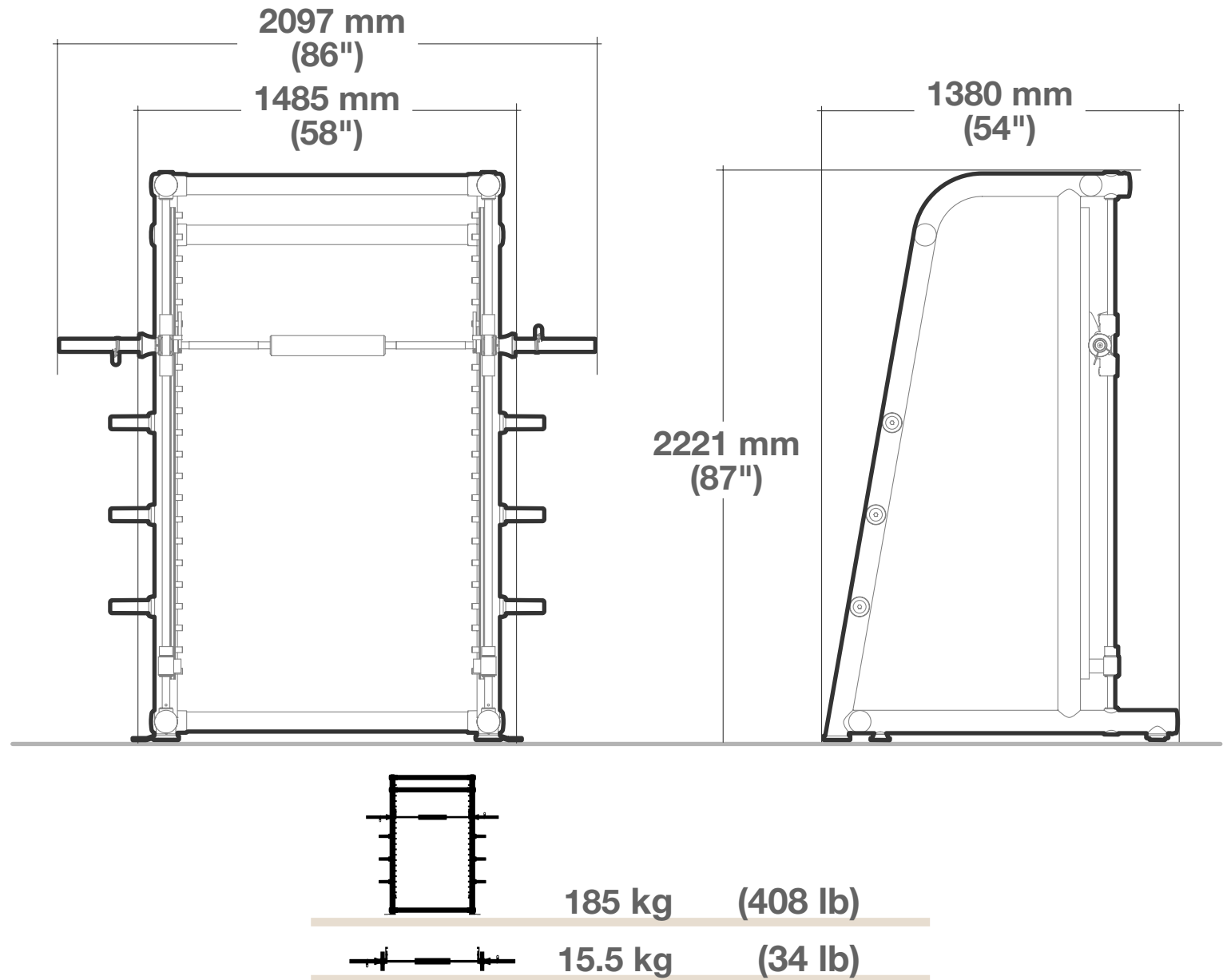
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The maximum weight that can be loaded on the barbell is 250 kg (552 lb).



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The equipment does not have any sharp corners.

The stop hooks, integral with the barbell, lock the barbell on the supports at the end of the set. Are operated by the user with a twist of the wrist.



WARNING

It is important to pay attention to the labels affixed to the equipment, as they provide information about possible risks and hazards.

Pay particular attention to the parts of the equipment with labels indicating “DANGER OF SQUASHING”.



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The equipment is supplied disassembled, protected by cellophane and carton and secured to a pallet.

The equipment is supplied disassembled into the following parts:

- 2 frames, secured to the pallet with straps
- 3 cross-bars
- 1 barbell, already assembled in the guide rods
- 6 weight plate posts



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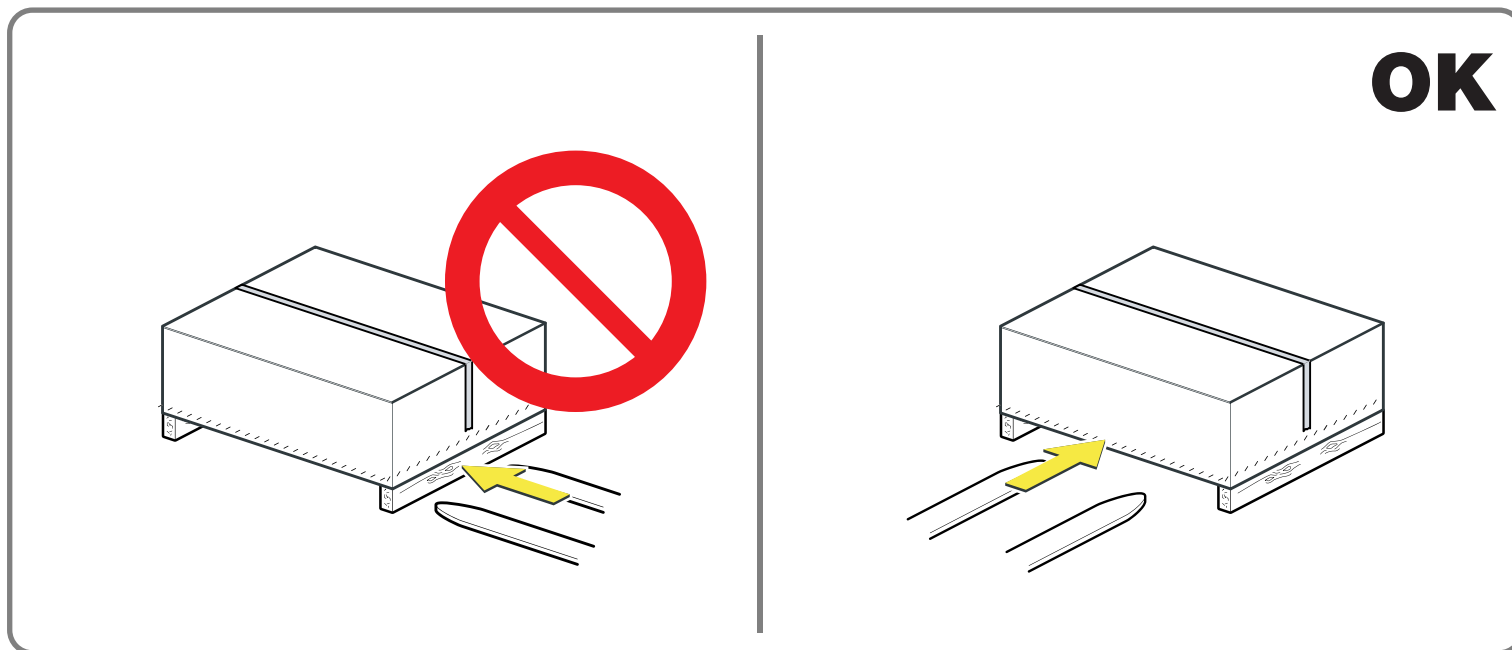
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Packing

The **lifting and carrying** can be done with normal lifting machines.

In order to ensure the safety of persons and property, carefully determine the lifting and handling machine used as a function of the place of installation.



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To guarantee safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements; in particular, before choosing where to install the equipment it is recommended to check the following:

- **temperature** between +10°C and +25°C;
- sufficient ventilation to maintain a humidity level between 20% and 90% when the equipment is in use;
- adequate **lighting**, so that the physical exercise takes place in pleasant and relaxing conditions;
- sufficient **clearance** on all sides of the equipment, taking into account its maximum dimensions during the movements, necessary for safety reasons;
- a flat, stable and vibration-free floor surface, with adequate carrying capacity for the equipment's weight.

If the equipment is to be installed in a **public recreation area**, the place of installation must comply with all binding regulations.



WARNING

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the owner.



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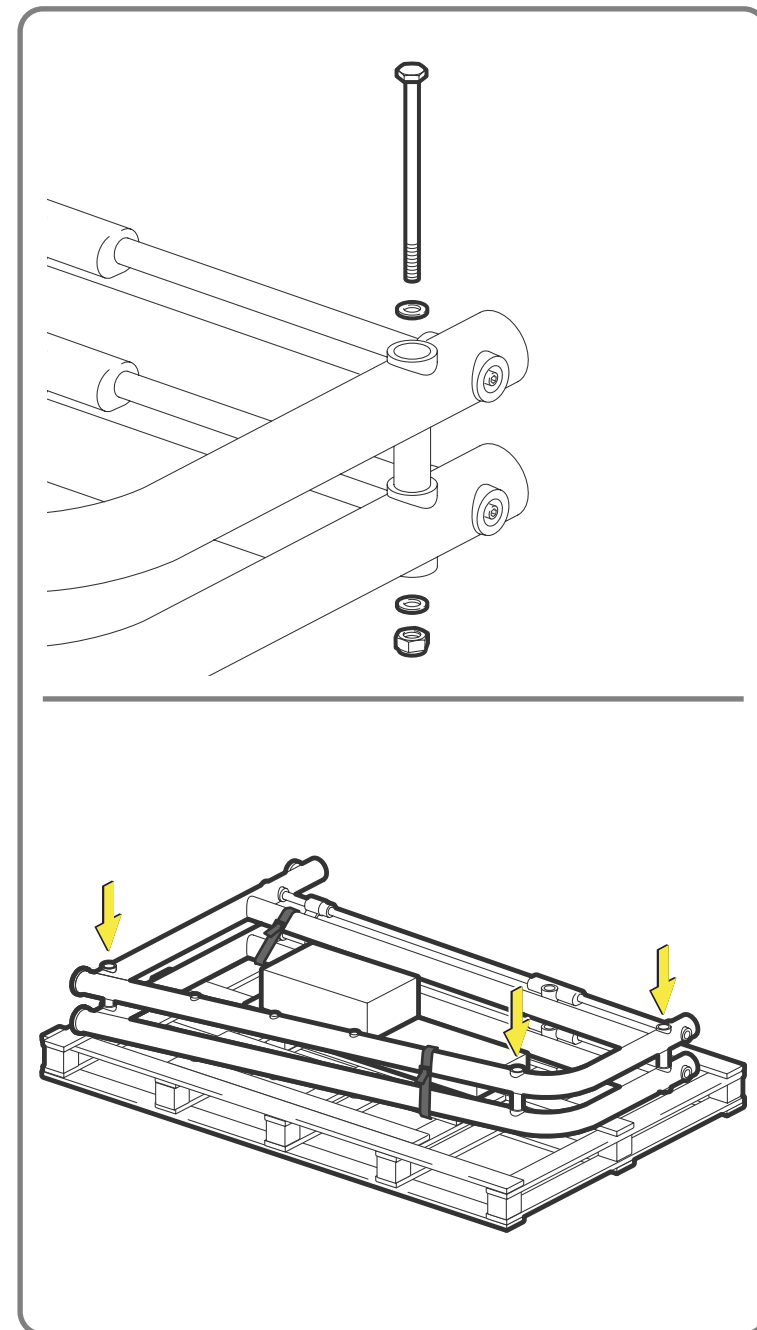
Using the equipment

Unpacking

The equipment is supplied on a pallet, to which it is secured by means of straps.

To remove the equipment from the packing:

- cut the carton along the bottom and pull it away from the top;
- remove the cellophane by pulling it away from the top;
- untie the straps securing the equipment to the pallet;
- lift each component and place it on the ground;
- separate and lift the two frames, rest them up against a wall or other fixed object and support them until the three cross-bars have been assembled.



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Unpacking



WARNING

Given the weight of the equipment, we recommend that more than one person be involved in lifting it.



DANGER

The packing materials (boxes, bags, etc.) must not be left within the reach of children, as they constitute a possible hazard; nor must they be disposed of in the environment.



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Assembling the equipment

Assembly the tree cross-bars and join the two frames:

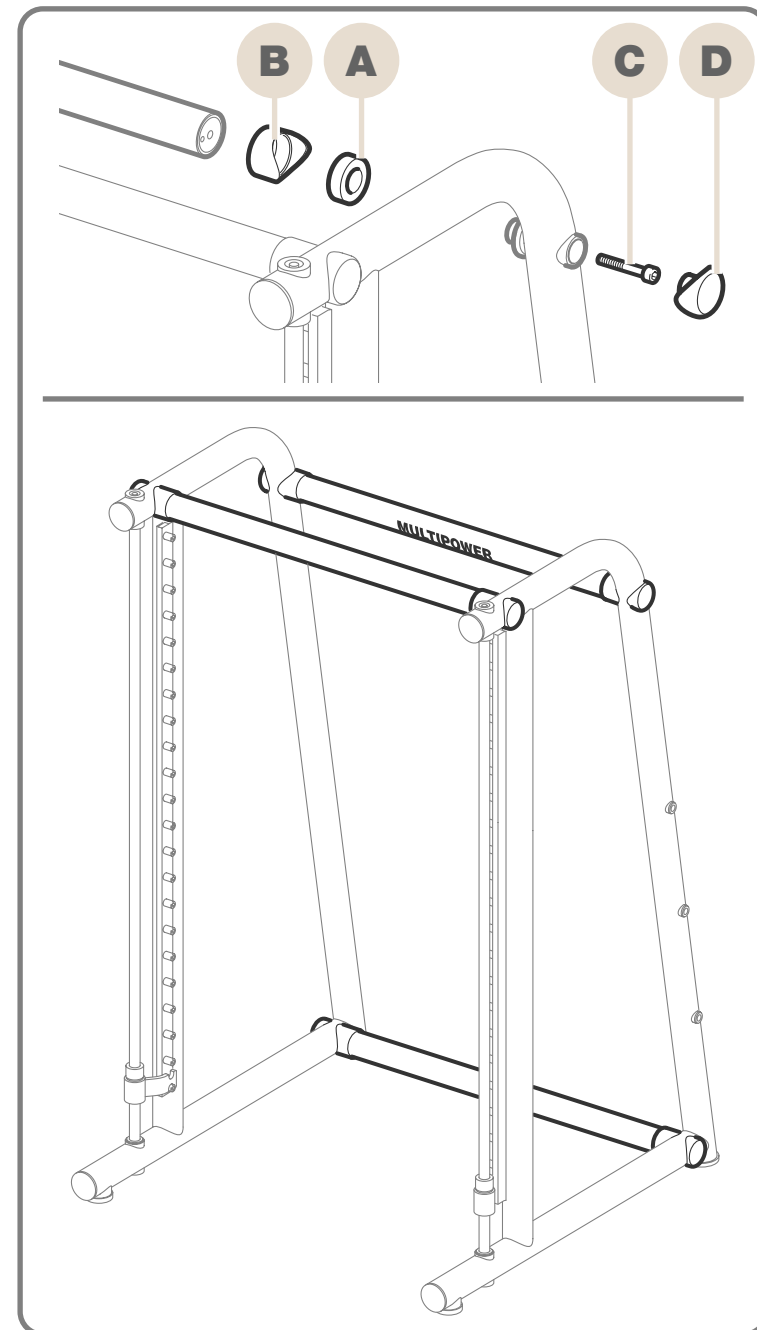
- rest the protection (A) against the frame;
- join the cross-bar to the frame, on the special protection, with the spacer (B);
- fix the cross-bar with the screw (C);
- cover the screw with the cap (D).

The cross-bar with the equipment name goes in the middle; the writing must face the barbell.



WARNING

Given the weight of the equipment, we recommend that more than one person be involved in lifting and moving the frames.



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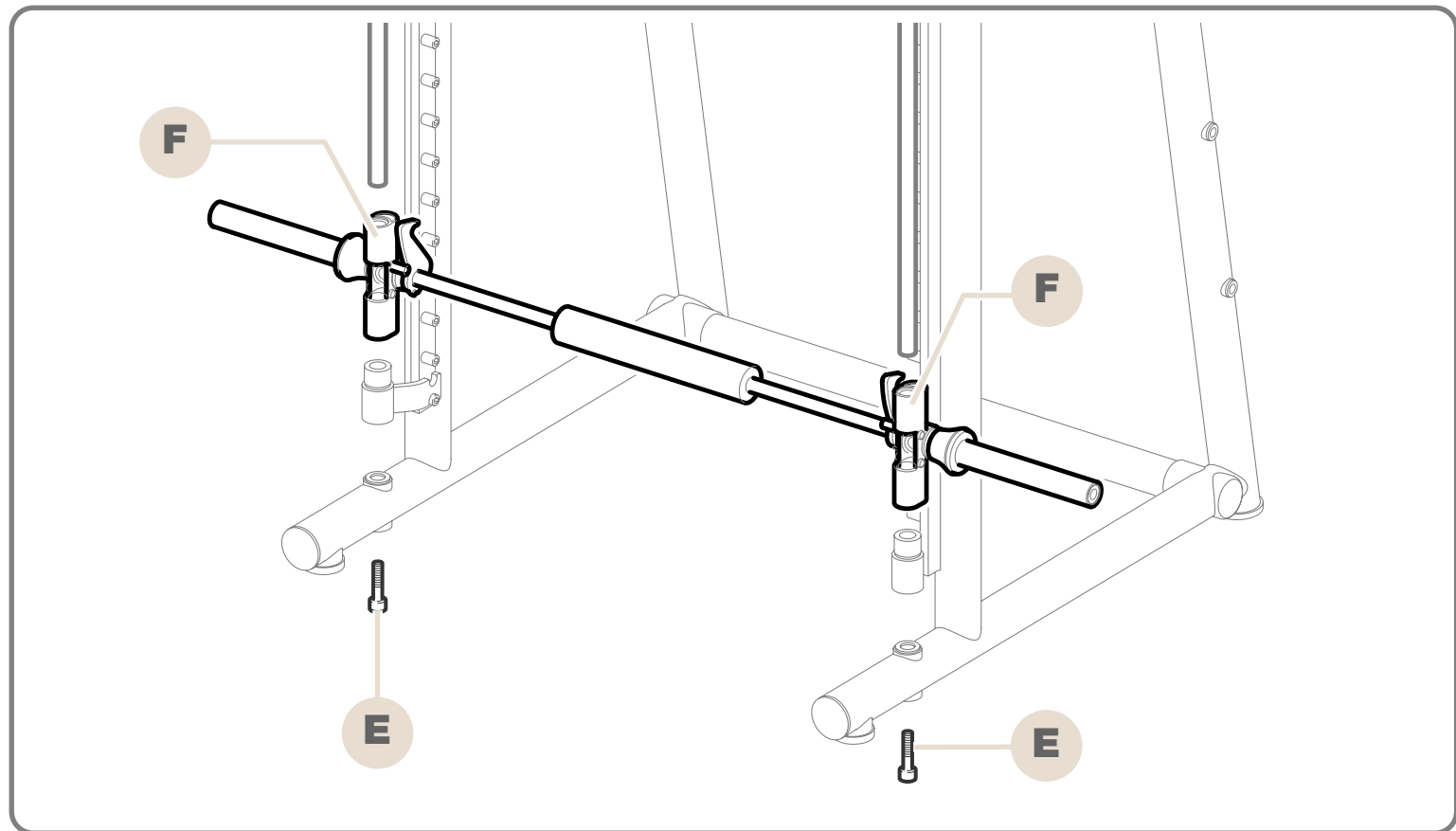
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Assembling the equipment

To assemble the barbell:

- unscrew the screws (**E**) to free the guide rods in the bottom; they are not fixed at the top;
- lift the bars and insert the barbell guide rods (**F**);
- lower the bars back in their seating and tighten the screws (**E**).



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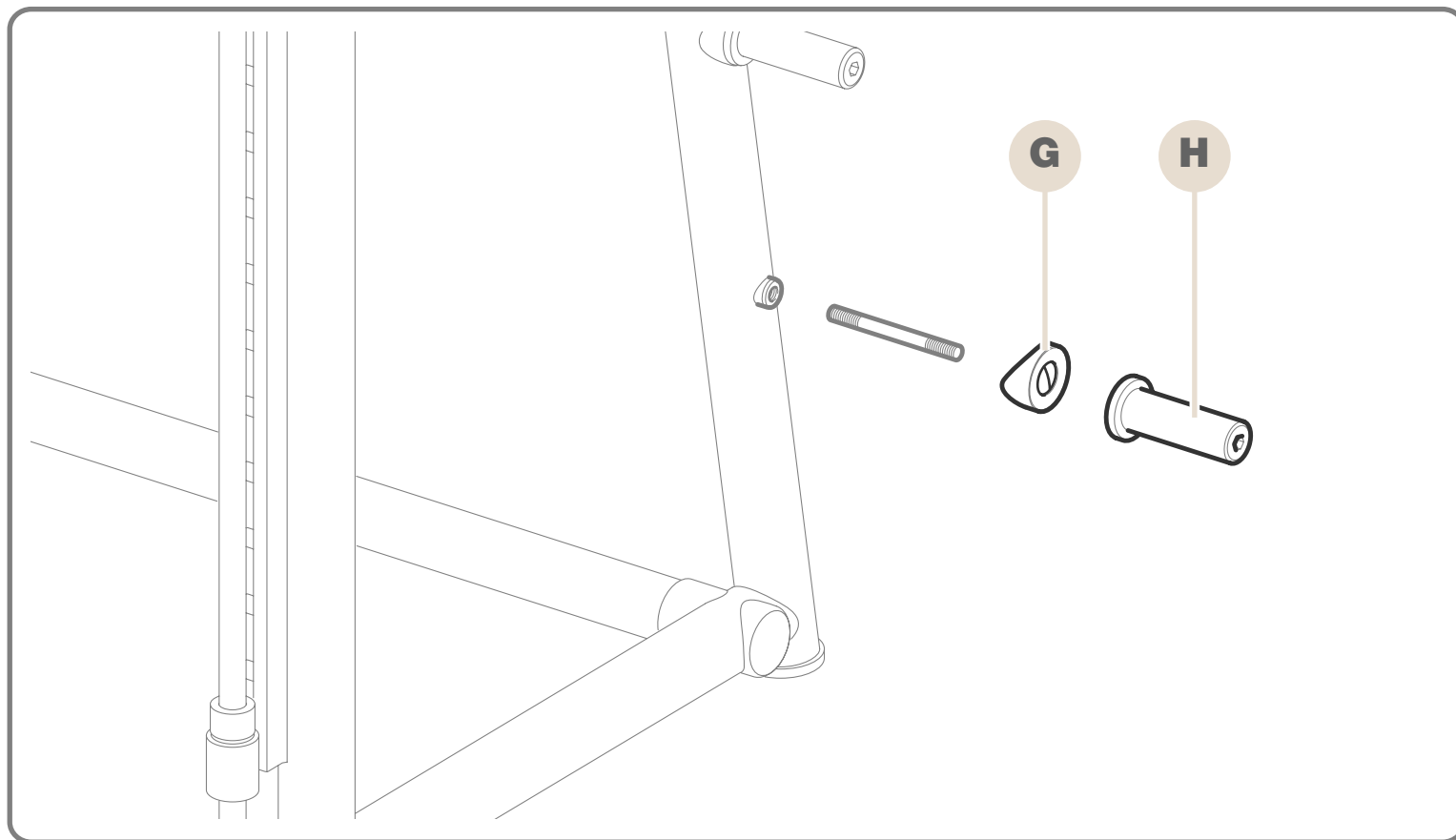
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To assemble the weight plate posts:

- screw the screw in the frame hole;
- insert the spacer (**G**) on the screw;
- screw the pin (**H**) on the screw.



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Before moving the equipment, firstly release it from the floor-mounting and disassemble it.

Follow the instructions described in the assembly section in reverse order.



WARNING

Given the weight of the equipment, we recommend that more than one person be involved.



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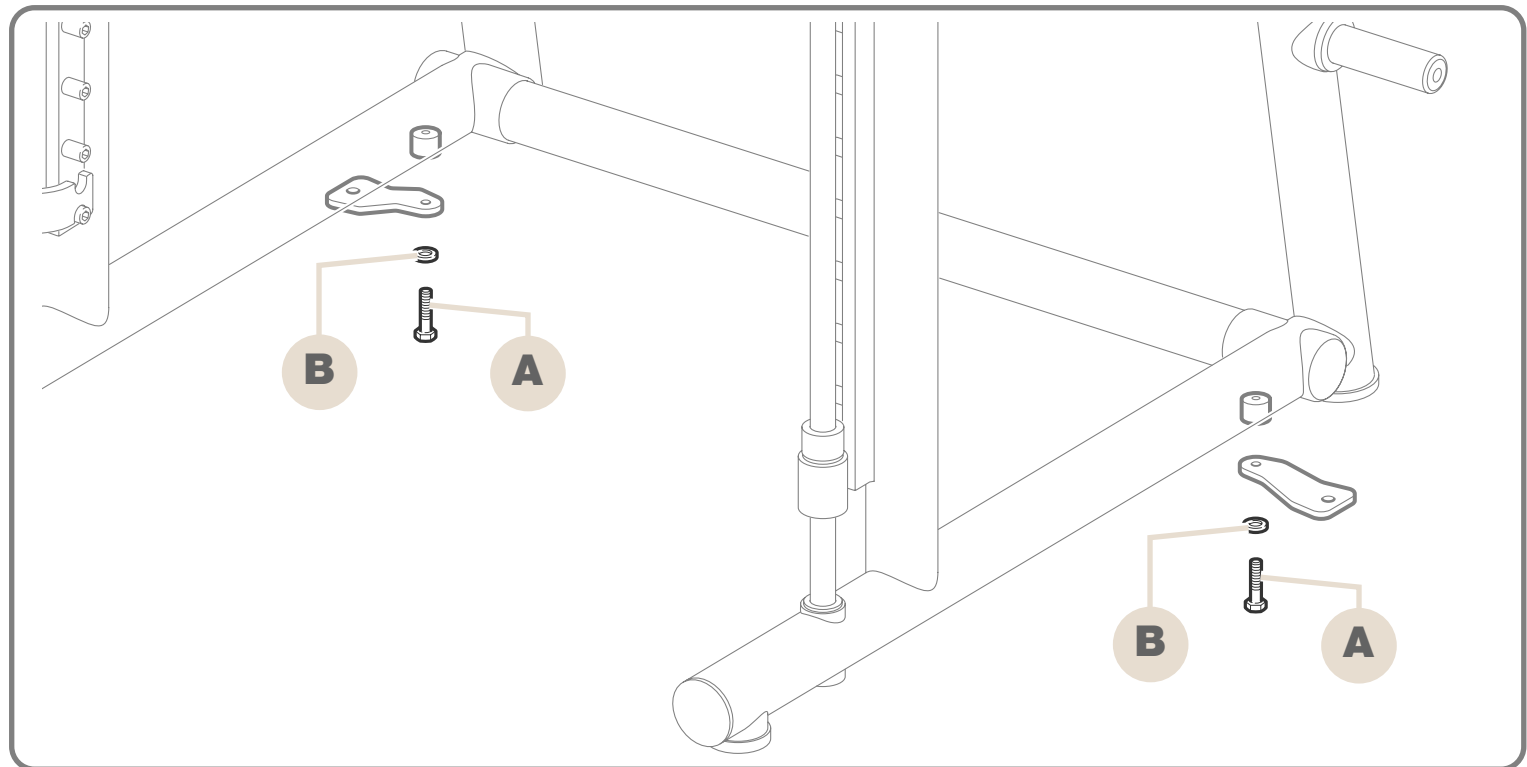
DANGER

It is mandatory to secure the equipment to the floor with the specific fixing screws and brackets.

Technogym cannot be held liable for any damage caused by failure to secure the equipment.

Proceed as follows to secure each frame to the floor:

- secure the brackets to the frame with screws (A) and washers (B);



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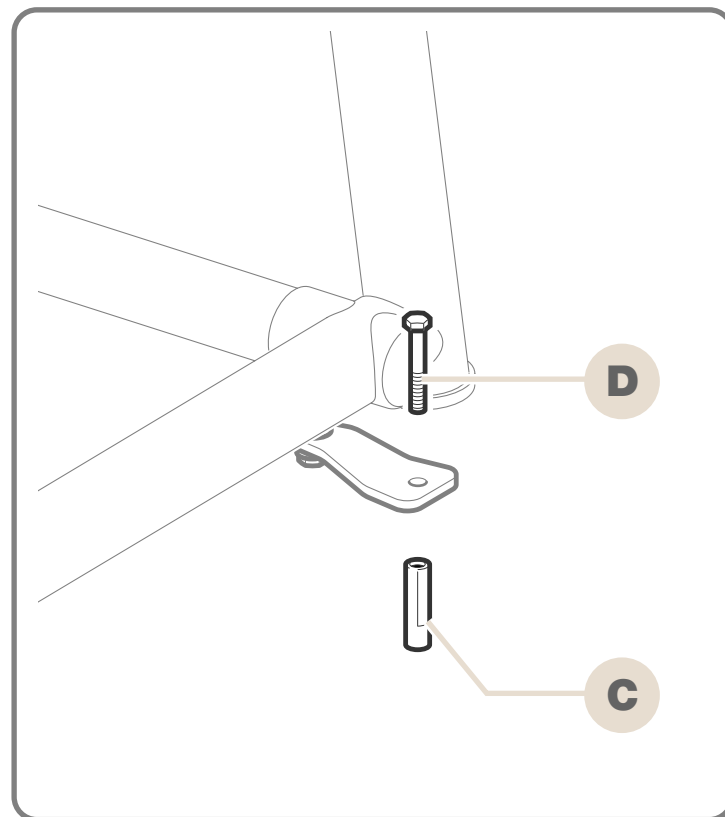
Securing the equipment



WARNING

The brackets may be rotated around the fastening axis to facilitate subsequent wall-fastening and then repositioned correctly.

- mark the position of two 14 dia. holes on the floor;
- drill the floor and insert rawl plugs (C) in the floor holes;
- rotate the brackets and ensure the holes in the floor are aligned with the holes on the bracket;
- fully tighten brackets to the frame;
- screw in screws (D) and tighten to the floor.



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Securing the equipment



DANGER

ALWAYS use rawl plugs supplied directly by Technogym.

If it is impossible to obtain an original part, use a rawl plugs that strictly meets the following minimum requirements: minimum guaranteed load 90 kg.



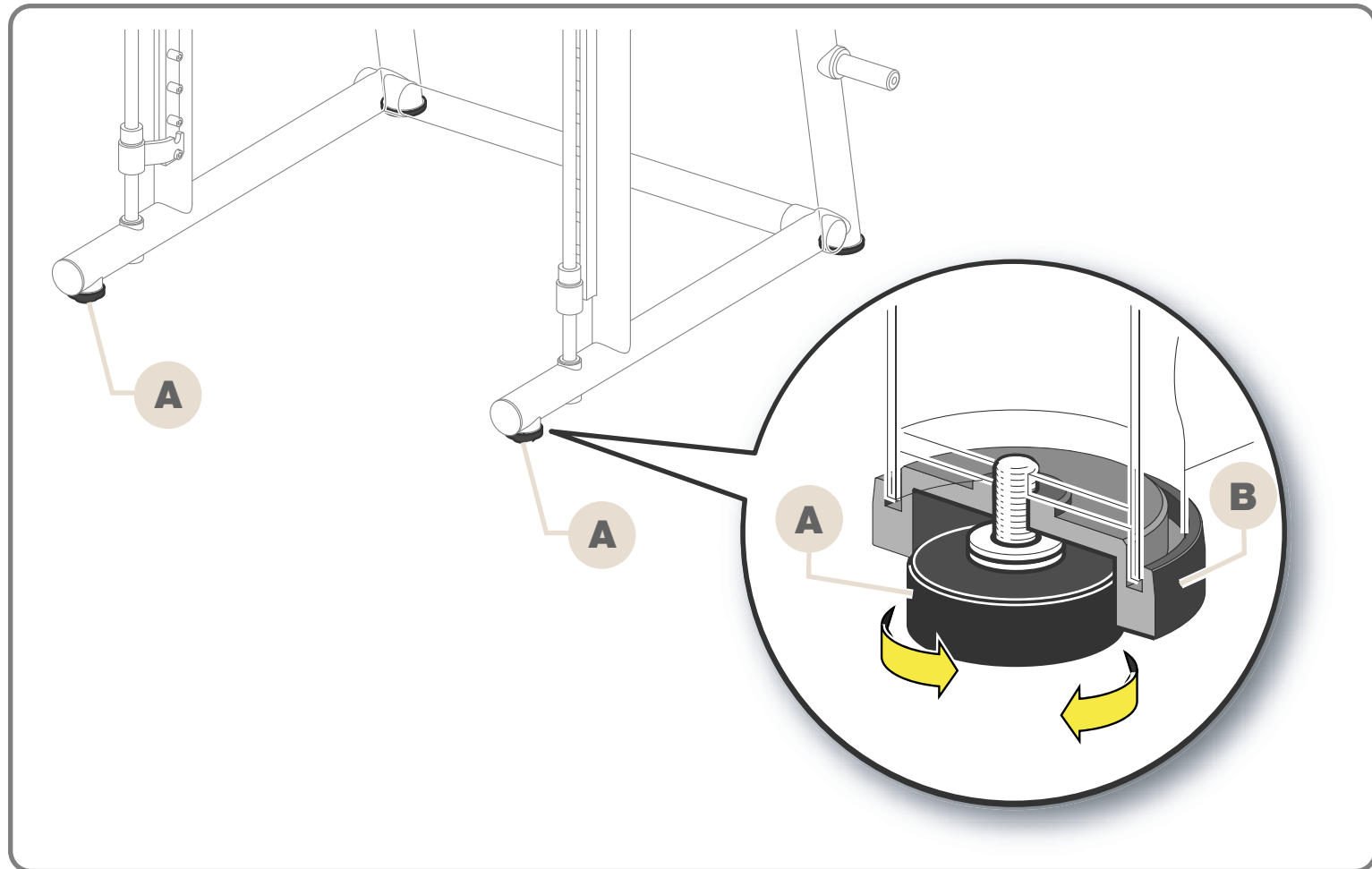
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Adjusting the equipment

After the equipment has been secured on the floor, check that it is level.

The feet **(A)** are adjustable for this purpose: loosen the cover **(B)** and tighten or loosen the foot until the equipment is stable.



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WARNING

The safety of the equipment is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear.

Replace defective and worn components immediately, or alternatively remove the equipment from service.

The equipment should always be kept clean and free of dust, in compliance with good hygiene practice, especially if it is used in a gym or by more than one person.

Every week clean the outer parts of the equipment using a damp sponge.



WARNING

Be careful not to rub with excessive force on the drawings and instructions shown on the labels.

For maintenance actions not described in this manual, call in the Technogym Technical Support Service.



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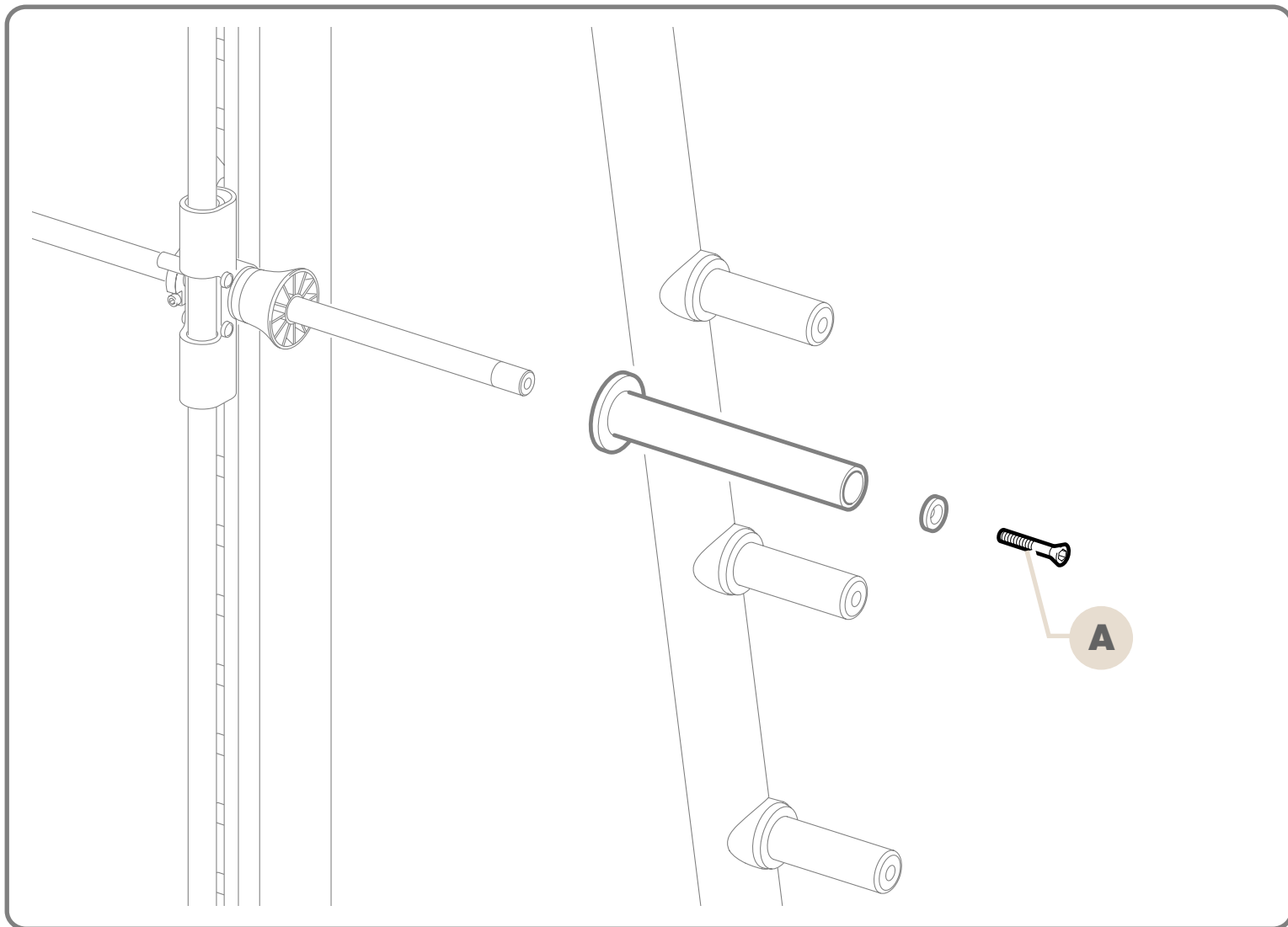
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To replace the weight plate post, back off the screw (A) and pull out washer and post.



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The Technogym Technical Support Service provides:

- telephone assistance;
- definition of service calls covered and not covered by warranty;
- on-site assistance;
- sending of original spare parts.

When contacting the Technogym Technical Support Service, please specify the following details:

- equipment model,
- date of purchase,
- serial number,
- precise description of the problem.



WARNING

Any operations on the equipment carried out by persons not authorized by Technogym will invalidate the warranty.

Technogym Technical Support Service

via G. Peticari, 20

47035 Gambettola (Forlì) ITALY

tel: 0547 650650

fax: 0547 650150

email: service@technogym.com

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If the equipment will not be used for a prolonged period, it is recommended to store it:

- in a clean and dry place, covered with a cloth to protect it from dust;
- in an environment with a temperature between +10°C and +25°C and a humidity between 20% and 90%.

For better storage, use the **original packing materials**.



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Disposing of the equipment

It is always good practise to ensure that the equipment can never constitute a hazard; therefore do not leave the equipment where children might use it as a toy.

Do not dispose of the equipment in the environment, or in public or private accessible to the public.

The equipment is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by specialist environmental firms.



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The following section illustrates some of the exercises that can be performed on the Multipower equipment.



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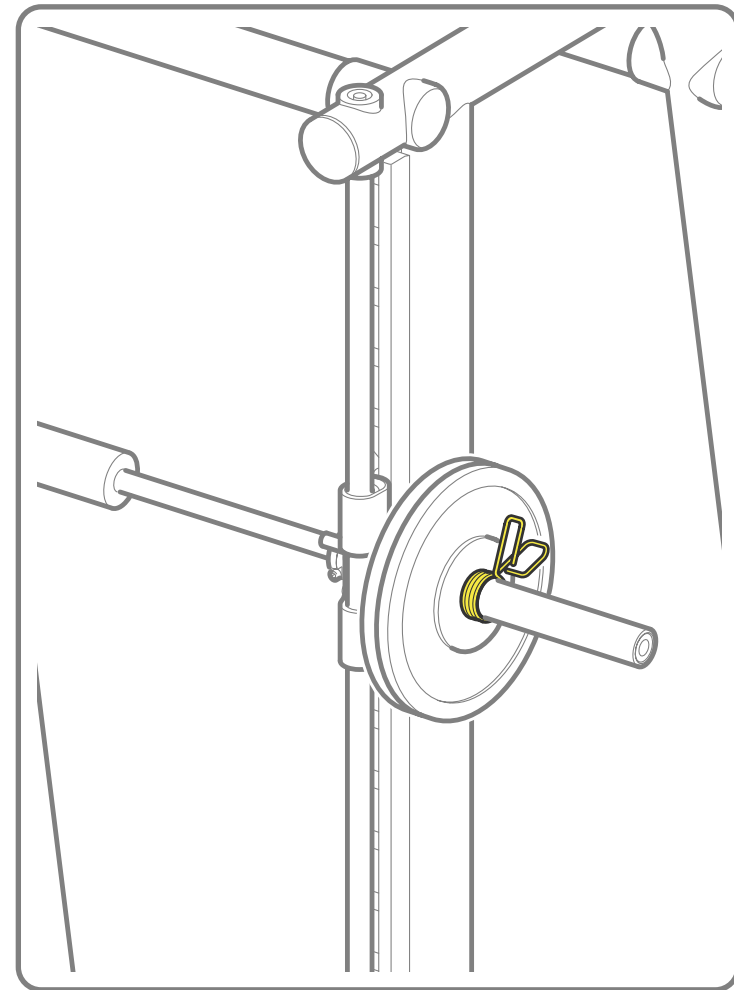
To avoid hazardous situations if you lose control over the exercise, it is necessary to position the safety stops on the barbell support pins directly under the lowest position you want to reach with the barbell during the exercise.



WARNING

Load the plates on the barbell symmetrically.

Secure the weight plates loaded on the barbell with retainer clips.



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Squat

Choose a workload that allows you to control the movement at a constant speed.

Adjust the barbell position to your shoulder height.

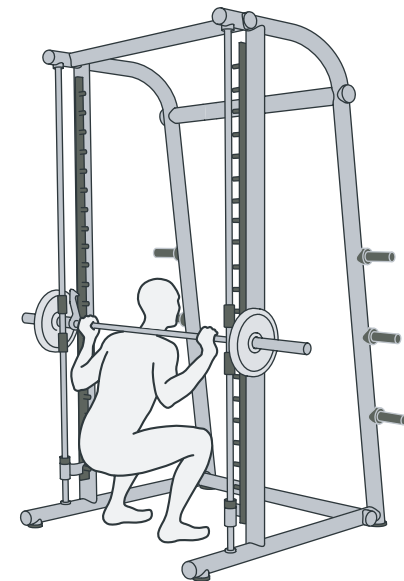
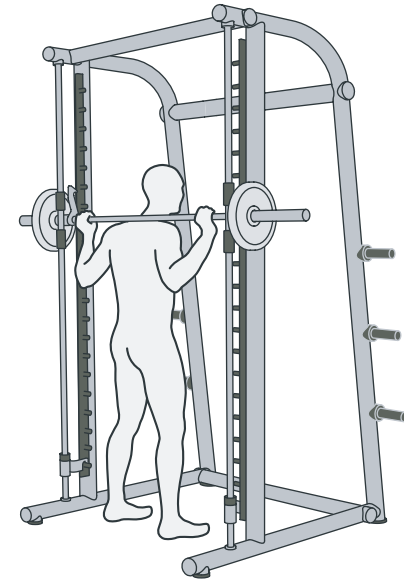
Stand with your legs spaced hip width apart, toes pointing slightly outward.

Release the barbell from the supports and rest it high on the back of your neck; your hands should be spaced slightly more than shoulder width apart.

Bend your knees, lowering your body until your thighs are parallel to the ground; then return to the starting position.

During the exercise, be careful not to arch your back.

After completing the repetitions, replace the barbell on the supports.



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Front squat

Choose a workload that allows you to control the movement at a constant speed.

Adjust the barbell position to your shoulder height.

Stand with your legs spaced hip width apart, toes pointing slightly outward.

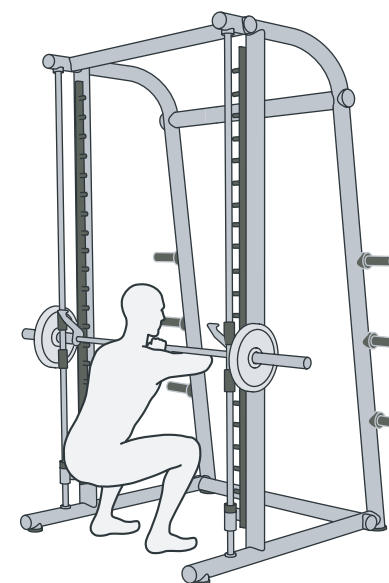
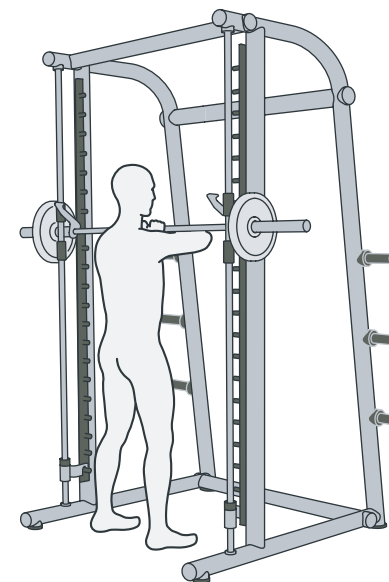
Grasp the barbell with your hands crossed under your chin.

Release the barbell from the supports and rest it across your upper chest, in front of your neck.

Bend your knees, lowering your body until your thighs are parallel to the ground; then return to the starting position.

During the exercise, be careful not to arch your back.

After completing the repetitions, replace the barbell on the supports.



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Front lunges

Choose a workload that allows you to control the movement at a constant speed.

Adjust the barbell position to your shoulder height.

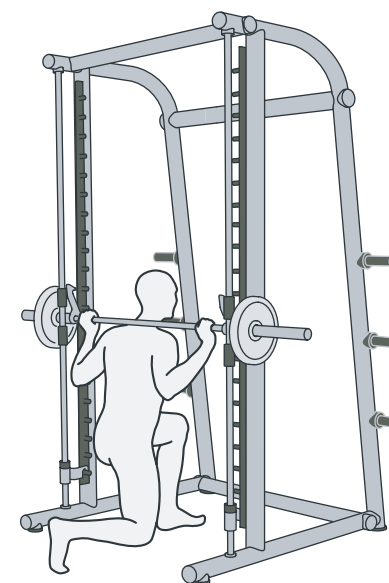
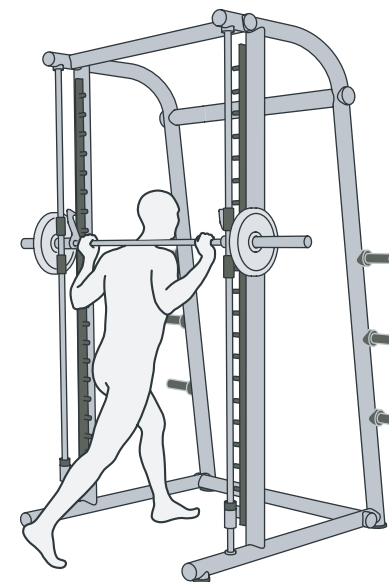
Stand with feet shoulder width apart and step forward to bring one leg in front of the other.

Release the barbell from the supports and rest it high on the back of your neck; your hands should be spaced slightly more than shoulder width apart.

Lower your body until the knee of your rear leg almost touches the ground; then return to the starting position.

During the exercise, be careful not to arch your back.

After completing the repetitions, replace the barbell on the supports.



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Calf raises

Choose a workload that allows you to control the movement at a constant speed.

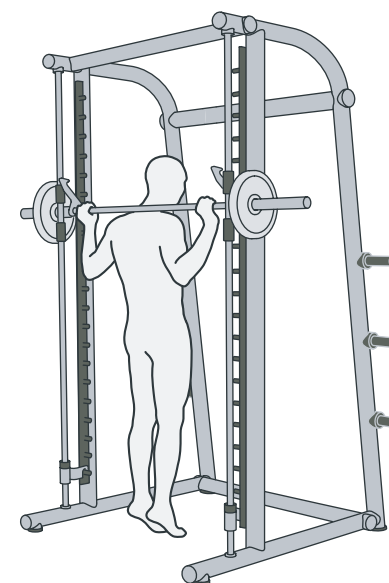
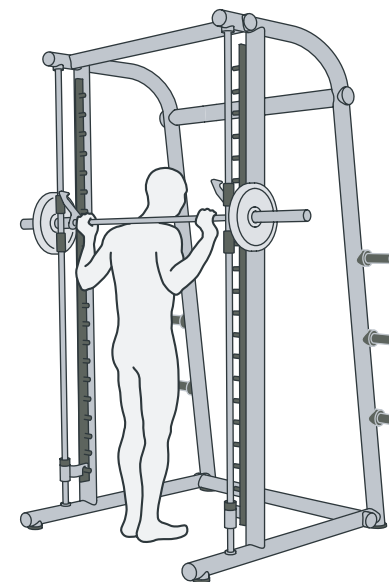
Adjust the barbell position to your shoulder height.

Stand with your feet together and parallel to each other.

Release the barbell from the supports and rest it high on the back of your neck; your hands should be spaced slightly more than shoulder width apart.

Slowly stand up on your toes as far as you can; then return to the starting position.

After completing the repetitions, replace the barbell on the supports.



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Upright row – Narrow grip

Choose a workload that allows you to control the movement at a constant speed.

Adjust the barbell position to hip height, so that you can grasp it with extended arms.

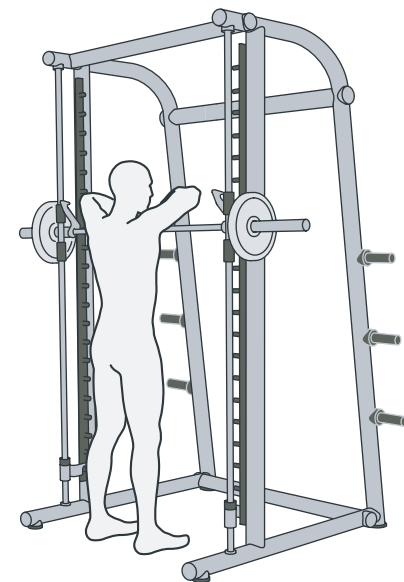
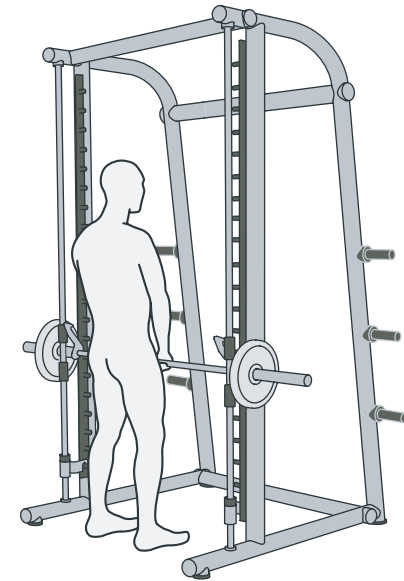
Stand with legs slightly apart for greater stability.

Grasp the barbell with your hands close together and release it from the supports.

Bend your arms and pull the bar up to your chin, keeping your elbows higher than your shoulders; then return to the starting position.

During the exercise, be careful not to arch your back.

After completing the repetitions, replace the barbell on the supports.



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Upright row – Wide grip

Choose a workload that allows you to control the movement at a constant speed.

Adjust the barbell position to hip height, so that you can grasp it with extended arms.

Stand with legs slightly apart for greater stability.

Grasp the barbell with hands spaced slightly more than shoulder width apart and release it from the supports.

Bend your arms and pull the bar up to your chin, keeping your shoulders, elbows and hands on the same line; then return to the starting position.

During the exercise, be careful not to arch your back.

After completing the repetitions, replace the barbell on the supports.

